



Cannon County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cannon County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Cannon County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved (wellness and nutrition)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$70,065.00

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Cannon County Child Advocacy Center | ➤ Lions Club |
| ➤ Cannon County Department of Health | ➤ Middle Tennessee State University |
| ➤ Cannon County Health Council | ➤ REACH After School Program |
| ➤ Cannon County Rescue Squad | ➤ Stones River Hospital |
| ➤ Cannon County Senior Citizen Center | ➤ Success by 6/United Way |
| ➤ Cannon County Sheriff's Department | ➤ Susan Bennett, D.D.S. (local dentist) |
| ➤ Cannon County UT Extension/TNCEP | ➤ TENNderCare |
| ➤ Dr. Jeff Todd (local physician) | ➤ Tennessee Technological University |
| ➤ EdPro Development (SWPBS technical support) | ➤ The Cannon Courier (local newspaper) |
| ➤ Get Fit TN, | ➤ TNCEP Coalition/Advisory Council |
| ➤ HOSA | ➤ WBRY (local radio station) |
| ➤ Jason Foundation | ➤ Woodbury Police Department |
| | ➤ Youth Dream |
| | ➤ Leadership Cannon Three Star Committee |
| | ➤ Cannon Arts Studio |
| | ➤ CSH Parent Council |
| | ➤ Cannon County Mental Health Council |
| | ➤ Arts Center of Cannon County |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as CSH/SWPBS teams, CSH Parent Academy, and the School Health Advisory Council. Currently, 30 parents are collaborating with CSH;

Students have been engaged in CSH activities such as CSH/SWPBS teams and the Cannon County High School Teen Health Council. Approximately 45 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Cannon County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 916 screened and 581 referred;

Students have been seen by a school nurse and returned to class – 1703 seen, 1638 were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. This year students measured at 41% overweight/obese, a 2.1% decrease from their last measurement;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: walking trials, Dance Dance Revolution kits, Xbox 360 Kinects, PE equipment, staff/student fitness room, and Michigan Model health curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Take 10!, Michigan Model, bullying prevention, TAPHERD Conference, RHAT Conference, brain friendly practices, school-wide positive behavior support, CSH conferences and regional workshops;

School faculty and staff have received support for their own well-being through a staff flu clinic, BMI/BP screenings upon request, Weekly Word in the health newsletter.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model, Nutrition Label Program, Power-U, Germ City, Healthy Steps, Health Rocks, My Pyramid, bullying prevention program, school-wide positive behavior support;

- Physical Education/Physical Activity Interventions – Michigan Model, Take 10!, Power-U, Healthy Steps, Health Rocks, Brain Friendly Practices, SMART;
- Nutrition Interventions – revised wellness and nutrition policy, fried food reduction, fresh fruit and vegetable increase, Registered Dietitian contracted services;
- Mental Health/Behavioral Health Interventions – bullying prevention program, school wide positive behavior support, mental health team 101, and suicide prevention.

In such a short time, CSH in the Cannon County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Connie Foster
615-563-5752 x245